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THE NORTH WEST TACOMA FACTS

10c "BRIDGING THE COMMUNICATION GAP" 10c

Volume 3 No. 35 PUBLISHED WEEKLY IN TACOMA WASH. 1325 South K St. MA 7-5597 August 23, 1973

Lodge Holds Banquet

Special Awards: left to right, James E. Baker, Egyptian Lodge, Master Mason of the Year; Climons Modesitte, Past Master, for service rendered; Alexander Reed, Elected Master Mason of the Year of Most Worshipful Prince Hall of the State of Washington Grand Lodge; Leon Glover, Youngest Past Master, for service rendered; Mr. Jesse Price, Worshipful Master

Mr. James E. Chase presenting Lodge of the Year 1973-1974 Trophy to Mr. Jesse Price, Worshipful Master of Egyptian Lodge No. 44

The Twelfth Anniversary of the Egyptian Lodge No. 44 awards banquet and dance was held at the Ft. Lewis N.C.O. Club August 4, 1973.

Guest speaker was Mr. James E. Chase, the most Worshipful GrandMaster of Prince Hall Masons of the State of Washington and Jurisdiction.

Egyptian Lodge No. 44 received the trophy of the year for the greatest contributions to the community. Included in the entertainment were 2 children of the Mason family. Mr. Gerald Baldwin, Jr. at the organ, son of Mr. and Mrs. Gerald Baldwin and little Miss Sandra Simmons, daughter of Mr. and Mrs. Jimmy Simmons.

FACTS Golf Tournament

By V.C. Edwards

Mr. Duckworth receives keys from Mrs. Verna beaver for first prize automobile

THE FACTS Golf Tournament was a success. The weatherman cooperated and the players wer a joyous group.

For those who felt the baseball game between the Dodgers and the Chicago Cubs more important were mistaken for the Golf was of more interest, plus prizes with an automobile going for the low net score.

During the all-day play, sentiments heard arou nd the club house we re interesting for instance, CLEVELAND BROOKS--Seattle's Eastside, afte the first nine holes came on loud and clear that he was "a has been."

The Fir State men were well represented, JIM STONE who defied the Isaac Newton theory of gravity--What Goes Up Must Come Down--STONE said he was doing nothing right, hitting the ball this way and that, even in a tree, and it never did come down. MORRIS BIRD, at half time didn't want anyone to mess with him while he was turning in his score. LARRY HAGON of Fir State asked "Did you hear me crying?" DABNEY, of Tacoma, came in counting out currency in another's hand--however, I think he was able to buy a beer for a cooler.

I will not mention the player who hit the wrong ball twice and the next time hit into a sandtrap--THE EAGER BEAVER, the Champ of Champions disqualified himself for a violation of the rules--that's our FITZGERALD--he couldn't win prizes anyway.

The next time you see CLIFF BELL of Portland, ask him about his blunder.

The 19th Hole was The Esquire Club for awarding of prizes and refreshments.

By the way, Newton is still right, STONE found his ball on the green but too late.

Several female members of the club complained about losing bets because of the accuracy of some of the players in placing their drives on the intended greens.

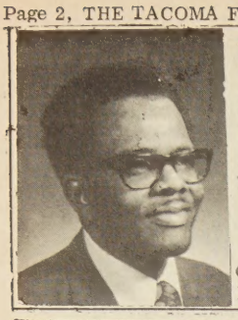
Black Businessmen Assoc.

Due to hectic Back-to-School activities, the Association President, President Walker, has announced that there will not be a meeting until Sept. 22, 1973.

President Walker would like to extend his congratulations to the 27 new members of the Association.

Ballet Dancer- Sandra Simmons

Community News is THE FACTS



You Are Invited to the
St. John Baptist Church
So. 20th & J St.
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Sundays. 10am, -11am.
We Offer
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Spiritual guidance.
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Ma. 7-6171

Eastside Baptist Church
Rev. & Mrs.
M.C. Connally, Jr.
Pastor's Residence Phone
BR2-6415
SUNDAY SCHOOL
9:50-10:55 A.M.
SUNDAY
WORSHIP SERVICE 11:00-12 Noon
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Galilee Missionary Baptist Church
Invites You to Worship
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RES. GR 2-2048
Pastor Office
GR2-1888
PASTOR - REV. J. STINSON
SUN. SCHOOL 9:45 A.M. - WORSHIP SERVICE 11:00 A.M.
PRAYER SERVICE WEDNESDAY NIGHT 7:00 P.M.

MOUNT TABOR BAPTIST CHURCH
2302 So. Alaska St. Tacoma.
BR 2-8911 - office LO4-2998 -
Sunday School 9:30 a.m.
Morning Worship 11 a.m.
BTU 5 p.m.
Evening Worship 7 p.m.
Weekdays prayer - Mission
Tues. 6:30 p.m.
We invite you to worship with us.
Pastor Rev. E. L. Horne, Sr.

CHURCH NEWS

****

The Bethlehem Senior Choir will celebrate their 83rd Anniversary on Sunday, August 26, 1973 at 3 pm.

There will be choirs from Seattle, Bremerton, and Tacoma area.

Our guest soloist will be Mrs. Josephine Williams from Philadelphia, Pennsylvania. Mrs. Williams is an ex-member of the Bethlehem Senior Choir. The Public is invited. Rev. Robt. H. Davis, Pastor, Mr. David Ware, President.

****

The Senior Ushers of Shiloh Baptist Church are having their anniversary the 26th of August, 1973 at 3 pm, 1211 So. I, Tacoma, Washington, The Rev. Dr. Samuel B. McKinney from Mt. Zion Baptist Church, Seattle, Washington, will bring the message, the Mt. Zion Choir will sing, the Senior Ushers will serve.

****

Galilee Missionary Baptist Church, 5802 South Puget Sound Avenue, Tacoma, Washington. Revival Services: August 27 thru 31, 1973 at 7:30 pm, Rev. R.C. Hill, Evangelistic Pastor from Paradise Baptist Church, Portland, Oregon, speakers. The Public is Invited.

****

The Women of the St. John Baptist Church invite you to their 3rd Annual Women's Day Program, Wednesday, August 22, 1973 at 7:30 p.m., with guest speaker Mrs. Margaret Ellis; Thursday's speaker will be Mrs. Mamie E. Taylor and Friday the guest speaker will be Mrs. Elnora Wayne.

Saturday all women of the City are invited to the Church banquet at 5:00 p.m. at the Church located at 2001 South Jay Street, the speaker for this event will be Mrs. Sarah Turner.

The Program climaxes Sunday at 3:00 p.m. with the Rev. Oliver as guest speaker from Boise, Idaho.

Our theme this year is: "CHRISTIAN WOMEN-THE PANACEA FOR LIBERATION" our scripture Galatian 5:1.

Chairlady Sister Jennie Johnson solicits your prayers and support for this Women's Day Program, for God calls Women to stand boldly for Him. Rev. J. Andrew Boles, Sr., Pastor.

ATTENTION SENIORS

If you have access to a piano and want to take free music lessons in your home, take advantage of Ujamaa's Music Department, Senior Extension Program. Edward E. Allen Ujamma's Music Instructors will come into your home and instruct you in private sessions each week. Study at your own pace with no time limit. The lessons are free of charge courtesy of Ujamaa.

First come First Serve. Success guaranteed. Remember YOU ARE NEVER TOO OLD TO LEARN! If interested contact Edward E. Allen music instructor, Ujamaa Culture and Recreation Center, 415 South 13th and Fawcett, 627-2117 or 2118.

Meditation

A Prayer for Christ's Continued Presence.

Lord Jesus, I must return now to my day. I must leave the peace and calm of your holy house for the vocation that is mine. Jesus, I know that you will never leave me unless by sin I drive you forth.

Work with me, and my work will not be worthless; speak with me, and my conversations will help others along life's way; remain with me all my life--until the hour of my death, and into your eternal presence. AMEN

PARENTS ANONYMOUS

You are cordially invited to attend a general meeting of PARENTS ANONYMOUS one year celebration and hope you will accept our invitation to take a "Look At Us Now" and "Our Triumphs Over Child Abuse".

Dr. Christie Ulleland, noted Seattle pediatrician, will speak at the August 27th meeting of Parents Anonymous to be held at 7:30 p.m. at the Tacoma Public Library in the Fireplace Room.

Are you worried about how you handle kids? Then join some happy parents who will celebrate their "Triumphs over Child Abuse."

Refreshments will be served while you learn some interesting facts about parents anonymous

SENIORS! TEENS! ADULTS & TOTS

The music classes of the Ujamaa Culture and Recreation Center are being rescheduled for the school year 1973-74.

Courses being offered are private Piano, Private Voice, Sight Singing, Ear Training, Keyboard Harmony, Rythmic Patterns, and basic Music Theory. All students currently enrolled in music and plan to continue must enroll before September 10, 1973. Classes will be held weekdays 5:00-9:00 p.m.; Weekends 10:00-6:00 p.m. Success guaranteed. Contact Edward E. Allen, Music Instructor, Ujamaa Culture and Recreation Center, 415 South 13th and Fawcett 627-2117 or 2118.

THE VALUE OF A SMILE

It costs nothing, but creates much.

It enriches those who receive without improvising those who give.

It happens in a flash, and the memory of it sometimes lasts forever.

It cannot be begged, borrowed, or stolen but it is of no earthly to anyone until it's given away.

So, if in your hurry you run across someone too weary to smile -- leave one.

No one needs a smile as much as he who has none to give.

** A friend knocks before entering ---- not after leaving.

** One trouble with the world is that laziness is so seldom fatal.

Ujamaa Slowpitch Men's Team City Champions

The Ujamaa Men's Slowpitch Team took city championship in the municipal league this season. The team practiced and worked hard for what was earned and much credit has to be given to fine individual efforts and great team effort.

Ujamaa's toughest competition was Shaub -Ellison who was the only team to beat us, 7 to 1. The championship game between Shaub-Ellison was quite frustrating for the Shaub-Ellison team Ujamaa winning 10 to 5.

Ron Baines, shortstop and Robert Baines, 3rd base, combined together led the team in home runs, their defensive efforts was tremendous with David Joyce at first bast. You could count on nothing getting by him, and as lead off batter a hit was assured, a fine 1st baseman. Ron Murphy, 2nd base and outfielder was sure to discourage any batter hit ball which fell his way. Greg Logan playing infield and outfield came along towards the end of the season to pitch us on to the City League Championship.

Gary Cammon, leftfield, Ron Brown centerfield Wilbur Anderson, rightfield, and infield held down their defensive position remarkably. With Ben Dew playing at roving center a stand up double for the opposition was a well-earned hit with these "Fire-Arms" playing outfield. Thomas Allen at catcher was sure to harass all batters

The Ujamaa team would like to thank all the brothers and sisters for their attendance and support of our games.

Special thanks to Ray Olu Giles for his financial contributions during league season.

Tacoma Black Education Conference Sponsors Workshop

TACOMA BLACK EDUCATION ECONOMIC CONFERENCE WILL SPONSOR TWO NIGHT COMMUNITY ORGANIZATION WORKSHOP

The workshop is designed to: Give grass-root Black people increased factual understanding of the background of Community Organization.

Update their knowledge of Planning Models in order to develop communication and organizational behavior.

Suggest approaches that organizers can take to implement Community Organization concepts.

****

This workshop concentrates on understanding and development of organizational systems which have been used against us.

NO REGISTRATION! NO COST TO YOU!

The workshops are being held at the Malcolm X Center, 1601 South Kay St, Tacoma, Washington August 29 & 30 at 7 PM.

Womens' Council To Hold Hearings

WASHINGTON STATE WOMEN COUNCIL is holding an educational hearing in Tacoma City Council Chambers, County-City Building, 930 Tacoma Ave South, Thursday, August 30, 1973 at 7:30 p.m. This meeting will accomplish a duel purpose: to educate people to the meaning of laws affecting women, including credit provision in the anti-discrimination law; and to hold a hearing which would help the Council determine what the need of women are in Tacoma

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

NEW N.D.P. SITE OFFICE OPENS

The new N.D.P. site office is now open at 2110 So. L. Street. Office hours are from 8:00 a.m. to 4:00 p.m. Monday through Friday. (Telephone number: 593-4878). After-hour appointments may be arranged for people employed during the day and others who cannot come in during regular working hours.

There has been a delay in starting the public improvements. The first bids on the improvements were rejected because they were too high. However, new bids are now out and will be opened on August 27, 1973. As you probably remember, the first contract for public improvements consisted of sidewalk repair, new sewers, and the paving of four alleys. Residents who are interested in looking at the engineers drawings can do so by visiting the site office.

Local ordinance expands law against discrimination

"I am sorry but we rented the apartment soon after you called...." We cannot hire you because of your arrest record..." "Company policy requires that you reapply for credit in your husband's name...."

If these responses are all too familiar and are used to restrict your freedom, it is only because you don't understand and/or utilize the City's anti-discrimination law.

The anti-discrimination in employment, housing, credit and business transactions based on race, color, creed, national origin, sex, age or marital status Ordinance went into effect in April of this year. The Ordinance has made illegal many standard business and ethical practices accepted as normal company policy. Many people, both women and men, continue to be denied employment, housing and credit opportunities simply because they are unaware of the new law and how it can work for them.

The City of Tacoma's Human Relations Commission has the responsibility for enforcing the local law which has put the City of Tacoma at the fore-front in the fight to eradicate discrimination among local municipalities.

Booklets outlining the full context of Ordinance 19688 are available from the Commission's office.

The Human Relations Commission staff will be conducting seminars and speaking engagements for business and professional organizations, community agencies and organizations and interested persons on their legal responsibilities and rights under the new Ordinance.

The Greco-Roman style of wrestling, was developed in France and has nothing in common with the sport of ancient Greece and Rome.

The Galapagos Islands are so desolate that they have been called "world's end."

The Bible reminds us that "He that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile." 1 Pet. 3:10.

* * *

Radio's "The Lutheran Hour," in a sermon called, "What's Worth Fighting For," notes that "faith in Christ is what makes life really worthwhile. When all is said and done, that's the one thing worth fighting for."

* * *

What does life really mean? For a booklet on "The Meaning of Life," send 25 cents to: Room 220, Booklet Distributors of America, 220 West 42nd Street, New York, N.Y. 10036.

* * *

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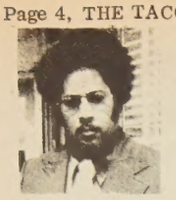


Dear Tac-Vac

by: Ted Jefferson

Dear TAC VAC:

Q--I am a disabled military retiree under age 65, I thought that beginning in July I would become eligible for Medicare under Social Security. So far I have not received any word from Social Security. What gives?

A--The new rules for Medicare before age 65 apply to disabled persons who have been entitled to Social Security payments for two years or more. Apparently you have not been getting Social Security disability payments for at least two years.

Q--I've had the help of the Labor Department office here in trying to reclaim the job I had to leave when I was drafted in 1971, but the company won't budge from its position, and the Labor Department representative says he can't force it to rehire me. Does this mean I'm going to have to hire a lawyer and fight the company in court at my expense?

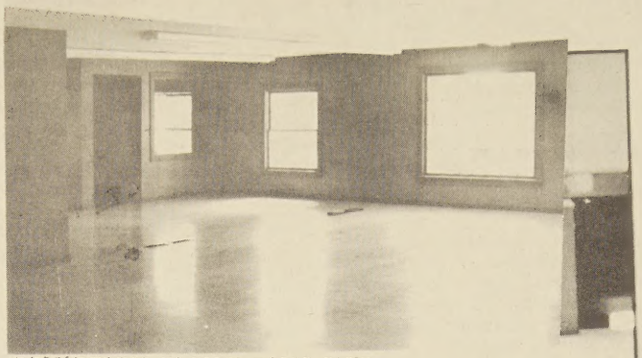
A--No. You have the right to call on the services of the U.S. District Attorney for the district where the business is located. If he is satisfied you have a case, he will act as your attorney in filing and prosecuting a suit against your employer. His services would be free.

Q--Are there any circumstances under which children of a deceased military retiree may qualify for interment in a National Cemetery?

A--Minor children qualify,and adult children who were incapable of self-support because of mental or physical disability.

Address all questions concerning veterans to: Veterans Action Center, 1321½ South "K" Street, Tacoma, Washington 98405 TEL: 383-4008.

Tacoma Boys' Club Remodeling



Secretary Paulette Williams working in a new look.

REMODELING TOCOMA BOY'S CLUB
by Fletcher Jenkins/Branch Executive

The remodeling project at the Tacoma Boys' Club was made possible through the Tacoma Model Cities Program. Bates Vocational School and Pearson Electrical Contracting Co. Participated in the remodeling program. Bates Vocational School donated many hours from their carpenter's shop, electrical shop, and their paint shop. The engineering department, also contributed a great deal of help in drawing up all remodeling plans. Through the hoint efforts of Tacoma Model Cities, Bates Vocational School and Pearson Electrical Contracting Co, we were able to double the original $53,000.00.

With a few more raps of the hammer, and splashes of paint, the remodeling program will be completed at the Downtown Tacoma Boys' Club. Many beneficial and beautiful facilities have been added to our club.

For the number one amatuer team in Tacoma, the Tacoma Boys' Club Boxing Team has received several additions in the boxing area, including: wall to wall tile, individual shower rooms and a new paint job. A coaches office has also been installed. The T. V. Room and Games Room of our club have been furnished with wall to wall indoor, outdoor carpet. The swimming pool area of our club is still being remodeled.

The remodeling of the club has enabled us to expand our facilities, not only to reach the boys but the girls, wo men, and men of all ages. The exterior of our club has changed very little, but one can never judge a book by its cover. Please feel free to stop in at anytime between the hours of 8-5, Monday and check it out for yourself.

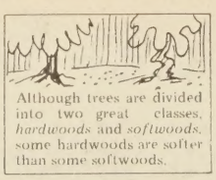
We the members of the Downtown Tacoma Boys Club, our parents Club, and our Board of Directors would sincerely like to thank Tacoma Model Cities, Bates Vocational School, and Pearson Electrical Contraction Co. for making our club a better place in our community.

UPS To Offer Degree Through McChord AFB

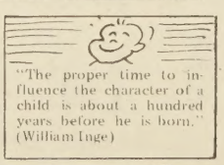
Beginning this fall, the University of Puget Sound will offer a Master of Education degree in counseling through McChord Air Force Base Education Center.

Open to military personnel at McChord AFB and Fort Lewis, military dependents and civilians, the course of study focuses on areas of counseling, communication, human relations and human development which may enhance an individual's personal develcpment or occupational effectiveness.

When management is fair and understanding, workers tend to be honest and hard-working. When management is arrogant, people become cunning.



Although trees are divided into two great classes, *hardwoods* and *softwoods*, some hardwoods are softer than some softwoods.

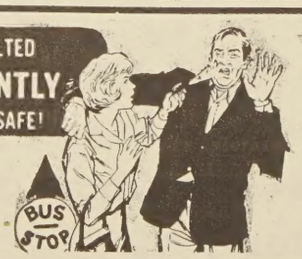


"The proper time to influence the character of a child is about a hundred years before he is born." (William Inge)

NOW, IF YOU ARE EVER ASSAULTED
STOP ATTACKERS INSTANTLY
EASY TO USE, EFFECTIVE—YET SAFE!

The Police Department of one of the larger cities in the country specifically recommends carrying chemical spray devices for self-defense against attackers.

SHERIFF .50 contains a proven chemical formula. Renders attackers harmless up to 15 minutes. SAFE! Will not cause permanent injury.
- Contains NO Mace, NO tear gas, NO explosives.
- Can be discharged (up to 50 bursts) — even repeatedly.
- Compact. Fits neatly in hand, pocket or purse.
- Special safety discharge nozzle directs spray where desired. Can be aimed even in the dark.
- Be Prepared. Keep SHERIFF .50 handy wherever you work, travel, live or play. Keeps you Free From Fear!



YOUNG GIRL CAPTURES RAPIST

While waiting for a bus, a young attractive girl was grabbed from behind and dragged into an alley. As her assailant tried to rip her dress off, she fired one burst at his face. Instantly he let her go and staggered around, blindly, coughing and gasping. He later confessed to raping over a dozen women in the area. This girl and possibly others were saved from a vicious sexual attack.

PREVENT PROWLERS, BURGLARS FROM FORCING ENTRY TO YOUR HOME!

When you answer the door to strangers, keep SHERIFF .50 in your hand. Make your home or apartment safer for you and your family.

ASSAULT & ROBBERY PREVENTED

The St. Louis Globe Democrat reports: While an elderly insurance collector was making his rounds, he was jumped by a knife wielding attacker who tried to rob him. The insurance man completely disarmed and disabled his attacker with one spray that had his attacker coughing and gasping.

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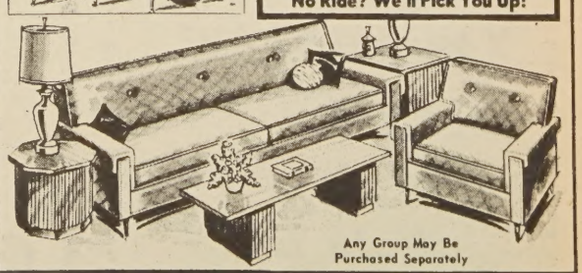

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Shelton BCW Holds Convention

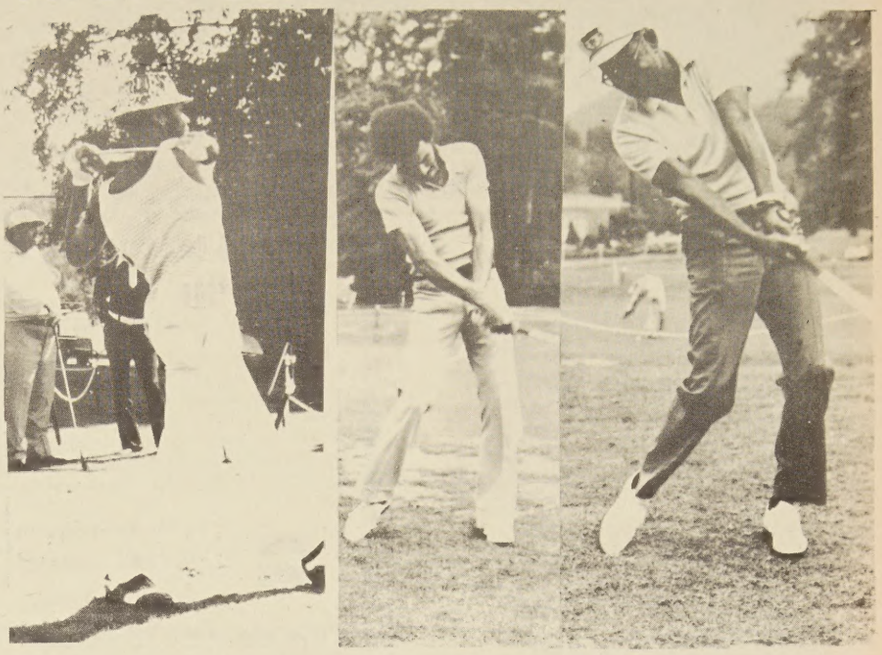
The brothers at Shelton Correction Center held an election on Tuesday, August 14, 1973. New officers were elected to fill vacancies created by transfer to other State institutions. Five of the transfereees were officers in the Black Culture Workshop. The new officers elected are: Larry Miller, Chairman; Don Williams, Vice Chairman; David McArthur, Records Secretary; Brian Zaetz, Corresponding Secretary; and Manchee Cooper, Sergeant of Arms.

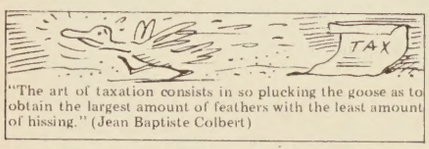
Meetings of the BCW are being held bi-monthly, on the second and fourth Tuesdays at 6:00 P.M. Outside guests may attend these meetings, by contacting the Eastside Service Office, 403 East 27th Street, Tacoma, Washington 98421. The workshop is involved in a comprehensive study of the "seven areas of culture," and each session features various members in presenting speeches, poetry and skits written by the Black Arts Committee.

MESSAGE FROM MONROE

The brothers at the Washington State Reformatory send sincere thanks to everyone who participated in the "Black Awareness Day." It was, in their words, "An inspirational treat." Three hundred and ninety-eight outside guests were in attendance.

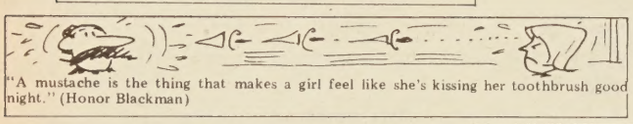
Three Swingers from the FACTS Golf Tournament





"The art of taxation consists in so plucking the goose as to obtain the largest amount of feathers with the least amount of hissing." (Jean Baptiste Colbert)

"If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf." (Bob Hope)



"A mustache is the thing that makes a girl feel like she's kissing her toothbrush good night." (Honor Blackman)

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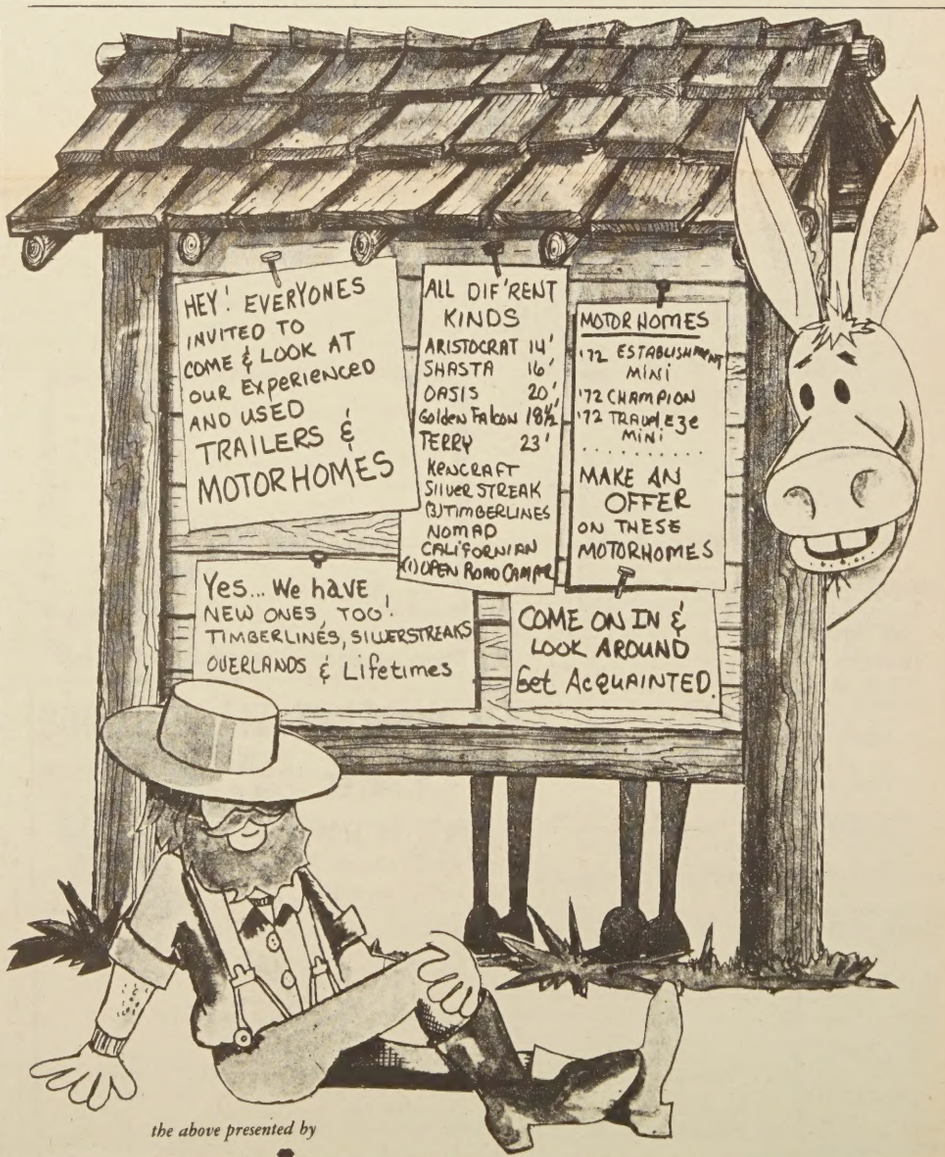

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Neighbors in the News

By Mrs. V.C. Edwards

Neighbors in the News will deviate from its regular format to tell of a few neighbors whom one meets while traveling.

After many years one may decide to make a leisurely, slow trip by bus or train to see the countryside or to catch up on some much-needed reading. This editor chose to take the much talked-about Amtrak to do just that--from Tacoma to Los Angeles with an overnight stop in San Francisco.

During my travels, prior to working with the paper, I seldom talked to people. I was never rude, but I never encouraged conversation. This trip was different, for now I was not only interested in seeing the sights and reading but in meeting people. I met some very interesting ones.

We were all nameless people but had so much in common. I will start with the ticket agent in Tacoma. He was a very friendly young man who told us all about the train and wished us a pleasant journey. What he did not tell us was, because of summer travels we might be on an old coach. After boarding car number 1116 in Tacoma and settling in my seat with a complimentary pillow furnished by the porter, the train began to get warm. Three coaches' air conditioners were out. When we arrived in Portland, Ore. there were workmen ready to make the necessary repairs; we were soon on our way. Again the air conditioners went out, and there was nothing to do but to suffer. The dining car had problems. Because of the heat; most people tried to stay longer than usual. This caused the waiters to become upset, for they were losing on tips. The Matri'd became so frustrated that he was rude and forgetful. He never did announce when dinner was being served.

All this time the many children were having a good time running up and down the isles, pulling and lowering the shades, pushing the seats back and forth, and pulling up and down the foot rests.

Darkness fell upon the horizon, thus cooling the train. Exhausted adults and children fell soundly asleep. The sounds heard throughout the coach and the rocking and reeling of the train with a certain crescendo made beautiful and interesting music.

With the ecology program in full force, especially in Washington, why is it that the trains do not have septic tanks to keep the waste from being deposited on the rail tracks? I consider this to be very important.

At 3 a.m. in the Ladie's Lounge was a mother trying to rest her swollen feet; she was traveling by this means to Los Angeles because her small son was anxious to ride the train--there was the family from New Orleans returning home They had visited Denver, San Francisco, and parts of Nevada. The mother was tired of mountains and of being so frightened by the turning and twisting of the train around them that she became ill. Her husband, a newspaper writer, and daughter, a teacher, were enjoying the scenery while she was sitting miserably in her seat wishing for the trip to end. The four year old, a cutie, traveling with her grandmother, delighted us by entertaining herself reading writings from different trains as they passed. At the station in Oakland a Catholic nun from the Order of St. Joseph in St. Paul, Minnesota, told me of her trip to Europe and how very satisfying for the changes in the church, for now being able to travel alone, she could visit places others may have no interest in; she is a student of history.

The Jolly Six Club from Philadelphia was returning home. The person with whom I talked was not a member but was allowed to take the tour. Her home city was Washington, D.C.

A little girl was traveling with her mother from Chicago to Los Angeles to visit her grandfather. She was anxious to see what her grandfather would say and do when he saw her mother with the Big Afro, for he did not like this type of hair style.

Last but not least was the Red Cap in Los Angeles who helped us operate those baskets even though he knew he would not get a tip. Then seeing us struggling to get five pieces of luggage into a sports car, he again helped us. This time we felt his service warranted a small gratuity.

Neighbors are wonderful people. The next time you are out of your own environment, smile and speak to unknown persons. You will find there are more people willing to be friendly than not.

Model Cities Training Emphasizes Effectiveness

JIMM SIMMS told the Model Cities Task Force that everyone has to be involved if the group is to be effective. Simms from the State OEO office will be giving more training in the near future.

"Ask yourself, 'What am I doing to make this an effective group," Jim Simms told the Model Cities Task Force on Monday.

Simms, community involvement specialist for the State OEO, explained the qualities of an effective group in a special training session of the task force. He will continue training sessions later.

His main points were that all members should share in the work and discussion of the group and that all contributions and problems should be analyzed openly and objectively.

Most of the project directors were present to give short reports on the progress of their projects. The task force requested that a written monthly report be prepared by the Model Cities staff for distribution to the task force. No formal action was taken on the suggestion.

Executive Board Chairman Junior N.R. Ellis reported that final action year contracts and the annual elections would be considered at this weeks Executive Board meeting.

Food For Thought

By G. M. Batie

Fish:

All fish and seafoods love lemon, and most are better if there is butter in the sauce served with them. Mayonnaise with lemon juice and pickle relish in it makes good fish sauce.

Barbecued
Stuffed Smoked Salmon

1 cup finely chopped celery
½ cup chopped onion
6 tablespoons butter or margarine
4 cups herb-seasoned stuffing mix
2 tablespoons chopped parsley
1 tablespoon lemon juice
½ teaspoon salt
Dash pepper
8 pound whole dressed salmon
½ cup butter or margarine, melted

In saucepan, cook celery and onions in the 6 tablespoons butter or margarine till tender. Pour over stuffing mix. Add parsley, lemon juice, salt and pepper. Toss together till well combined. Spoon into cavity of salmon; truss. Place fish on sheet of heavy foil on grill over drip pan.

Close hood and barbecue for 1¼ to 1½ hours or till fish flakes easily when tested with fork. Sprinkle coals with dampened hickory chips every 20 minutes. Baste fish with the melted butter. Makes 10 servings.

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

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UJAMAA sponsored COMMUNITY DANCE
Saturday, August 25, 1973***
9:00 p.m. - 1:00 a.m.
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NEWS OF BEAUTY

Reducing Heavy Thighs

For many women who have slim hopes of ever dieting or exercising off unsightly lumps and bumps from their thighs, the problem may not be normal fat at all. They may be suffering from *cellulite* those unattractive areas of dimpled, rippling flesh resembling orange peels that seem to have little to do with a woman's age or weight. Although most commonly found at the top of the thighs, even on slender women, cellulite, is also found on the hips, buttocks, stomach, knees and upper arms.

Nicole Ronsard

This condition, while well known in Europe where it's been successfully treated, if caught early enough, was practically unheard of here in America, where women simply had to learn to live with its humiliating ugliness. They could not comfortably wear shorts, pants, were embarrassed by bathing suits and short dresses. Now, the relief they have been "weighting" for has finally come from France with body-shaping expert Madame Nicole Ronsard and her six point program.

"Losing weight is not the point," contends Mme. Ronsard. Her plan, which can also help your health, includes the proper diet, the right exercise, breathing techniques, the best way to eliminate body pollution, learning to really relax and auto-massage.

Her salon treatment in New York cost $275, but Madame Ronsard has now published a complete, illustrated book showing how you can follow her treatments at home. If unavailable at your local bookstore send $12.95 for the deluxe hard bound edition to Dept. S.N., B&H Publishing, 987 Lexington Avenue, New York, N.Y. 10021. "Cellulite can't disappear overnight," explains Mme. Ronsard, "but lasting results can be expected in most cases."

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Soulful Entertainment Review

"Local Bands"
By R.O.

Tacoma and the local area witnessed another week of the best sounds in the Northwest. JONAH 'S WHALE in Redmond, Wash. saw action at Clancy's Pub. While 360 DEGREES were doing their thing at Branch #8, Ft. Lewis, BLACK AND WHITE AFFAIR and HOT-ICE were socking it to them at the Ft. Lewis Main N.C.O. Club. I did not get around to check out ASANTE at the Esquire Club but I am sure they were "getting down." RON DACUS TRIO made their debut in Bremerton, Wash. Mariner Club to a very pleasing crowd. According to my knowledge MEL WASHINGTON, PAUL RICHARDSON, and CHARLES and THE ENTERTAINERS were sitting out: I am trying very hard to get our local radio-TV stations to book our fine musicians. Keep up the good work.

See you next week. R.O. Laskey

HELP WANTED

POLICE PATROL OFFICER applications due

Applications for the Position of Police Patrol Officer are currently being accepted by the City of Tacoma. Chief of Police Lyle E. Smith said the dapartment will hire approximately 15 new patrol officers from the eligibility list which will be developed after written examination and other tests are given next month.

"A police patrol officer in Tacoma earns a starting salary of $833 per month and reaches maximum pay at a salary level of $1,011," Smith explained. "The salary is comparable to surrounding law enforcement agencies and we hope to receive many applications for those positions which will be available."

Applicants must be between 21 and 30 years of age inclusive and meet physical requirements which are available for inspection in the Personnel Department, Room 531, County-City Building, 930 Tacoma Avenue.

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Frank B. Tobinski and Associates Inc. proudly announces the association of Fred L. Davis Jr., 1st SGT USA (retired) with their firm. Contact Fred for all your housing needs. LACEY--OLYMPIA 491-3232 EVENINGS. TACOMA 582-2431. OFFICE 931 Popular St., OLY. FOR SALE :::: BEAUTIFUL 3 bedroom home, new carpet, well-kept landscape, wooded.

Agent gives tips to safeguard home while vacationing

Homes left vacant during the vacation season tempt prospective burglars, so lock all doors and windows securely and never leave house keys under a mat or on a ledge above the door.

One of the best safeguards, is to make an unoccupied home appear lived in. Tightly drawn blinds are a tip to burglars, so leave them partially closed. An automatic timing device discourages burglars by turning lights off and on in one or two rooms of the house.

Suspend routine deliveries and pickups by telephone or letter. But do not leave note outside your home. If you request it, the post office will hold or forward your incoming mail.

Notify the local police department of your planned absence. In some communities, police make a special check of houses they know are unoccupied. Tell a neighbor your itinerary and give him a phone number where you can be reached in case of an emergency.

One indication of a lived-in house is a regularly cut lawn, so do not let potential thieves know you are gone by letting your lawn get that shaggy look. Hire someone to keep your lawn trimmed.

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EARN $10,000 AND UP PER YEAR
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BE A BARTENDER

Ed Cunningham's School of Mixology will be starting August the 20th, 1973. The first 20 enrollments will receive a 25% discount. Call now to be sure you get in on the discount. Men and Women are welcome. The course will run for 60 hours Tue. thru Fri, three hours per day. Morning class-10am-1 pm. Evening Class 6 pm-9pm. This course is also good for Home Use. (For information and enrollment call

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Help Wanted

Mental Health Expeditor—Duties: To include contacting people experiencing emotional distress. Assist in identifying resources appropriate to client's needs. Participate in counseling program. Qualifications: Must have high degree of interest in people, applicant must be free of serious emotional problems. Endurance, initiative, communication and writing skills are essential.

Send Resume to Personnel Director, P.O. Box 165, Tacoma, WA 98401. All resumes must be in by Monday, August 27.

Health Liaison—Duties: To include providing technical assistance, coordinate the low-income Health coalition for the State of Washington. Hold conferences with professionals and others in the field of Health. Qualifications: Equivalent of high school education, ability to write reports, ability to compile statistical data. Knowledge of existing resources.

Send Resume to Personnel Director, P.O. Box 165, Tacoma, WA 98401. All resumes must be in by Monday, August 27.